



THE BENEFITS OF RUNNING AND OTHER ATHLETICS FOR HUMAN HEALTH

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Annotation: athletics is an integral part of the physical education system. The physical education method is based on the comprehensive use of exercises that correspond to the students' functional capabilities in terms of structure, volume, and intensity. Athletic exercises are beneficial for health: they strengthen the musculoskeletal system, improve the functioning of the respiratory organs and the cardiovascular system.

Keywords: athletics, physical education, academic year, methodology, structure.

YUGURISH VA BOSHQA YENGIL ATLETIKA TURLARINING INSON SALOMATLIGI UCHUN FOYDALARI

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Annotatsiya: yengil atletika jismoniy tarbiya tizimining ajralmas qismidir. Jismoniy tarbiya metodi tuzilishi, hajmi va intensivligi bo'yicha o'quvchilarning funksional imkoniyatlariga mos keladigan mashqlardan kompleks foydalanishga asoslangan. Yengil atletika mashqlari sog'liq uchun foydalidir: ular tayanch-harakat tizimini mustahkamlaydi, nafas olish organlari va yurak-qon tomir tizimining faoliyatini yaxshilaydi.

Kalit so'zlar: yengil atletika, jismoniy tarbiya, o'quv yili, metodika, tuzilma.

The success of modern sports cannot be imagined without the experience and knowledge of specialists. It is especially praiseworthy that sports professionals and masters always call us to a healthy lifestyle, share their advice on the example of their experience and help many managers to make work plans, as well as to improve and develop effective management methods.

For example, we began to help the work of the Uzbekistan Athletics Federation. Currently, there are about 7 thousand sports sections in the country, and the number of people involved in this sport reaches more than 220 thousand people, including 111 thousand women who regularly engage in sports running. Also, the



Athletics Federation has developed a whole series of competitions, currently under the conditional name "The Great Silk Road." Now the main task is to make athletics a mass and accessible sport.

Athletics, as a mass sport, has not yet become popular. Although it has great opportunities and reserves, in general education schools and other educational institutions, play sports (football, volleyball, basketball) are given priority. In order to popularize this sport, it is necessary to improve and improve the sports infrastructure and attract people.

Currently, according to statistics, the number of track and field athletes in Uzbekistan is about 8.5% of the total number of athletes in the country (2 million 656 thousand), and the number of coaches is 620 (total number of coaches 13533). Of course, this is not enough for our country. Currently, large-scale work is being carried out with regional federations, in particular with Andijan, Samarkand, Fergana, Tashkent.

Athletic exercises are health-enhancing. Classes are outdoors, exercises affect all muscle groups: they strengthen the motor apparatus, improve the functioning of the respiratory organs, the cardiovascular system. The involvement of a large number of young people in athletics contributes to achieving the main goal of education: strengthening physical health, forming a strong and healthy younger generation.

The educational significance lies in the fact that athletics shapes a person's character, strengthens their will, and teaches them not to be afraid of difficulties, but to overcome them courageously. Training in athletics in a team, participating in team competitions fosters responsibility for the work done.

Athletic training and competitive activities allow students to realize their potential, manifest themselves as individuals, and develop their character and optimal mental sphere. Athletics is a sport that combines natural physical exercises for a person: walking, running, jumping, throwing. The variety of athletic exercises and the wide possibilities of varying the load in walking, running, jumping, throwing allow for the successful use of these exercises for children and adolescents of different ages and levels of physical fitness.

The educational significance of athletics in the training process is evident: students acquire useful knowledge and skills about daily routine, nutrition, training planning, and so on. For the same reasons, athletics is an integral part of the state program for the subject "Physical Culture" for students of higher educational institutions. Athletics classes are aimed at mastering short, medium, long-distance running, relay running, long and high jumps from a place and running, aiming and throwing at a distance and improving the technique in these sports. According to the model program approved by the Ministry of Higher and Secondary Specialized Education of the Republic of Uzbekistan, the distribution of athletics by semester hours according to new standards: 1 semester - 10 hours and 2 semesters - 8 hours. The training process during the academic year is aimed at improving the techniques of short-distance running, long jumps, and high jumps. The distribution of the corresponding preferences in the lesson should be as follows: speed development - 9-10%, strength development - 10-11, endurance development - 18-20% of the "clean" time. A physical education methodology based on the comprehensive application of exercises that correspond to the structure, volume, and intensity of students' functional capabilities.

Running is a big cardiological burden. It has a tremendous effect on the cardiovascular system. And, of course, if everything works correctly, then the immune system improves. For those who do not like running (do not like it or there are doctors' prohibitions), there is an alternative in the form of walking. It can be done by people of all ages, from children to the elderly. Walking increases muscle tone, strengthens bone tissue, and improves metabolism. Walking has a stimulating effect on the whole body. Moreover, this type of activity is considered the safest not only in athletics, but also in the field of sports as a whole. Athletic exercises are health-enhancing. Classes are outdoors, exercises affect all muscle groups: they strengthen the motor apparatus, improve the functioning of the respiratory organs, the cardiovascular system.

Running is a natural way of moving around. This is the most common type of physical exercise, which is part of many sports (football, basketball, handball, etc.), as well as the GTO complex. A significant number of



running varieties are an organic part of various types of athletics. Running places greater demands on the whole organism's ability to work than walking does, because almost all muscle groups of the body are involved in the work, the activity of the cardiovascular, respiratory and other systems is strengthened, and metabolism is significantly increased.

Athletics is an integral part of the physical education system. It encompasses not only the valuable centuries-old experience of preparing a person for life, mastering the physical and mental abilities inherent in nature, but also, most importantly, the experience of developing the individual's moral qualities, manifested in the process of physical activity, thanks to the diversity of forms and methods.

It is impossible even to imagine the "Uzbek physical education system" and "Light athletics" as separate components. They are not simply inseparable, these two concepts are so closely intertwined that there can be no other way. It must be true that the qualities that a person acquires in the process of his development naturally are the most important.

Introduction

Athletics, especially running, is one of the most accessible and effective ways to maintain physical fitness and health. Regular activities in this sport have a positive impact on practically all systems of the human body. In this article, we will consider the scientific justification of the benefits of running and other athletics disciplines.

Impact on the cardiovascular system

- Strengthening the heart: Running contributes to increased heart rate, increased vascular elasticity, and reduced blood pressure.
- Reducing the risk of cardiovascular disease: Regular exercise reduces the risk of atherosclerosis, myocardial infarction, and stroke.
- Improving blood circulation: Running promotes improved blood supply to all organs and tissues, which positively affects their functioning.

Impact on the respiratory system

- Increased lung volume: Running exercises lead to increased lung vital capacity and improved gas exchange.
- Strengthening of the respiratory muscles: Regular training increases the strength and endurance of the respiratory muscles.
- Increasing resistance to infections: Running strengthens the immune system, which contributes to increased resistance to various infectious diseases.

Impact on the musculoskeletal system

- Strengthening of bones: Running stimulates the formation of new bone tissue, which helps to prevent osteoporosis.
- Strengthening muscles: Athletics contributes to the development of all the main muscle groups, which improves coordination and strength.
- Improving flexibility: Regular stretches, which are part of the athlete's training complex, increase the flexibility of joints and ligaments.

Impact on the nervous system

- Stress level reduction: Physical activity contributes to the production of endorphins - happiness hormones that help you cope with stress and improve your mood.
- Improving sleep: Regular sports contribute to the normalization of sleep and its quality.
- Increased concentration: Running improves cognitive functions such as memory, attention, and reaction rate.

Impact on metabolism

- Weight loss: Running contributes to burning calories and weight loss.
- Improving metabolism: Regular exercise accelerates metabolism, which helps maintain normal weight and prevents the development of obesity.



- Normalization of blood sugar levels: Running is beneficial for people with diabetes, as it helps to reduce blood glucose levels.

Conclusion

Running and other types of athletics is not just a sport, it is a lifestyle that contributes to strengthening health and improving the quality of life. Regular exercise in this sport reduces the risk of developing many chronic diseases, improves physical fitness, and increases self-esteem. However, it is necessary to consult a doctor before starting the classes.

Note: This article is informative and does not replace a consultation with a doctor.

Why is athletics so useful?

- Cardiovascular system: Strengthens the heart, reduces the risk of cardiovascular diseases, improves blood circulation.
- Respiratory system: Increases lung volume, strengthens respiratory muscles, increases resistance to infections.
- Support-motor apparatus: Strengthens bones and muscles, improves joint flexibility.
- Nervous system: reduces stress, improves sleep, and increases concentration.
- Substance metabolism: reduces weight, accelerates metabolism, and normalizes blood sugar levels.

What are the specific types of athletics and their benefits?

- Running: One of the most accessible and effective types of physical activity. Strengthens the cardiovascular system, contributes to weight loss, and improves mood.
- Jumping: Develops coordination, strength, and explosive power. Strengthens the muscles of the legs and hips.

Throwing: Improves coordination, strength, and accuracy.

- Multiplay: Complex training that develops all physical qualities.

Who is good at athletics?

Children: Athletics promotes children's harmonious physical development and strengthens their immune system.

Adults: Helps maintain physical fitness, reduce the risk of developing chronic diseases.

- Older people: It contributes to maintaining mobility and improving quality of life.

How to start athletics?

- Consult a doctor: Especially important for people with chronic diseases.
- Start small: Gradually increase the load.
- Find like-minded people: Group activities will help you stay motivated.
- Choose a suitable type of athletics: Based on your preferences and physical capabilities.

It is important to remember: Regularity is the key to success. Even a few short workouts a few times a week can be of great health benefit.

Athletics is a sport for everyone!

Athletics in Uzbekistan: history, modernity and prospects

The historical roots of athletics in Uzbekistan

Athletics in Uzbekistan has deep historical roots going back to ancient times. On the territory of the modern republic, various competitions in running, jumping, and throwing were held, which were an integral part of traditional holidays and rituals. With the development of physical culture and sports in the 20th century, athletics has become one of the most popular disciplines.



The development of athletics during the Soviet period

During the Soviet period, light athletics in Uzbekistan received a powerful impetus for its development. Modern stadiums were built, sports schools were created, regular competitions were held. Uzbek track and field athletes have achieved significant successes in all-union and international competitions



The current state of athletics in Uzbekistan

Today, athletics continues to develop in Uzbekistan. The Athletics Federation of Uzbekistan holds many competitions of various levels, from children's to international. Uzbek athletes are participating in the Olympic Games, World and Asian championships, demonstrating high results.

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(a) Prospective development directions

- (b) • Mass sports: popularization of athletics among the population, creation of conditions for sports in each region of the country.
- (c) • Highly qualified sports: Training high-class athletes capable of competing on the international stage.
- (d) • Children's and youth sports: Development of children's and youth sports training system.
- (e) • Infrastructure: Creation of modern sports facilities equipped with the necessary equipment.

(f)

(g) Challenges and Prospects

(h) Despite the successes achieved, athletics in Uzbekistan faces a number of challenges:

(i)

(j) • Insufficient funding: Lack of sufficient funds to develop infrastructure, train athletes and hold competitions.

(k) • Competition in other sports: High competition in football, boxing and other popular sports.

(l) • Departure of talented athletes: Some young and promising athletes go abroad to continue their sports career.

(m) However, despite these difficulties, light athletics in Uzbekistan has great prospects for development. With state support, investments in sports and systematic work on training athletes, Uzbek athletics can reach new heights

(n)

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